



**Feel good about every shop.**

**Save Smart. Stay Well.**

Hannaford  
USDA Choice Beef  
**Boneless New York  
Sirloin Steak**  
**SAVE \$5 PER LB.**

**8<sup>99</sup>** lb.



Hannaford  
Chicken Leg Quarters \$.99 Lb. or  
**Family Pack Boneless  
Skinless Chicken Breast**  
**SAVE UP TO 50¢ PER LB.**

**2<sup>49</sup>** lb.



Previously Frozen  
Skinless - Hand Trimmed  
**Haddock Fillets**  
**SAVE \$6 PER LB.**

**8<sup>99</sup>** lb.



Refreshing Source of Nutrients  
and Antioxidants  
**Green Seedless Grapes**  
**SAVE \$1 PER LB.**

**1<sup>99</sup>** lb.



12-16 Oz. Pkg.  
Select Varieties  
**Smithfield  
Bacon**  
**SAVE \$3.50 EA.**

**4<sup>99</sup>**



Taste of Inspirations  
Oven Roasted  
Honey Turkey Breast or  
**Cracked Black Pepper  
Turkey Breast**  
**SAVE \$3 PER LB.**

**6<sup>99</sup>** lb.



Taste of Inspirations  
**Smoked Gouda or  
Muenster Cheese**  
**SAVE \$2 PER LB.**

**6<sup>99</sup>** lb.



Select Varieties  
**Fresh Express  
Salad Kits or Blends**  
**SAVE UP TO  
\$2.98 ON 2**

**2/\$5**



3 Lb. Bag Hannaford  
Carrots or 4 Lb. Bag - U.S. #1  
**Hannaford  
Red Potatoes**  
**SAVE UP TO  
\$2.98 ON 2**

**2/\$5**



21.2 Oz.  
Select Varieties  
**4-Pack Chobani  
Greek Yogurt**  
**SAVE \$1.50 EA.**

**3<sup>49</sup>**



12 Oz.  
Select Varieties  
**Heluva Good!  
Dip**  
**SAVE 21¢ EA.**

**1<sup>88</sup>**



19-32 Oz. - Select Varieties  
Ore-Ida Tots or  
**Ore-Ida  
Frozen Potatoes**  
**SAVE 73¢ EA.**

**3<sup>96</sup>**



12 Oz. - Select Varieties  
Sprite, Fanta or  
**24-Pack Coke**  
**SAVE \$1.52 EA.**

**11<sup>97</sup>**



10-18.32 Oz.  
Cakes, Fruit Pies or  
**Drake's  
Pastries**  
**SAVE \$2 ON 2**

**2/\$6**



10.5-12.3 Oz. - Select Varieties  
Lucky Charms, Reese's Peanut  
Butter Puffs or

**General Mills  
Cinnamon Toast  
Crunch Cereal**  
**SAVE \$2.98 ON 2**

**2/\$5**



28 Oz.  
Select Varieties  
**Hunt's  
Tomatoes**  
**SAVE \$1.02 EA.**

**1<sup>67</sup>**



6-10.75 Oz. - Select Varieties  
Smartfood Popcorn or  
**Doritos  
Tortilla Chips**  
**SAVE \$1.98 ON 2**

**2/\$7**



24-27 Oz.  
Select Varieties  
**Klondike  
Ice Cream Bars**  
**SAVE \$1 EA.**

**3<sup>69</sup>**



3.5-13.7 Oz. - Select Varieties  
Wheat Thins, Ritz, Triscuits or  
**Nabisco  
Snack Crackers**  
**SAVE \$2.38 ON 2**

**2/\$6**



Prices effective Mar 1 - Mar 7, 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7

While supplies last. Selection and prices may vary by store.

**Celebrating International Women's Day!**

# Save Smart on Our Brands.

Try our quick, easy and protein-rich frozen seafood for any meal.



32 Oz. Pkg.  
Farm Raised  
Swai Fillets

**9<sup>99</sup>**



32 Oz. Pkg.  
Pink Salmon  
Fillets Wild Caught

**17<sup>99</sup>**



32 Oz. Pkg.  
Boneless, Skinless  
Wild Caught  
Cod Fillets

**17<sup>99</sup>**



## the freshest meats & poultry

4-5 Lb. Pkg. - Hannaford  
Chicken Leg Quarters

**99¢** lb.



7-8 Oz. Pkg. - Select Varieties  
Hatfield  
Boneless  
Ham Steak

**2/\$4**



SAVE \$1.98 ON 2

### Organic & Natural

7 Oz. Pkg. - Select Varieties  
Applegate  
Naturals  
Lunch Meats

**5<sup>99</sup>**



SAVE \$2 EA.

14 Oz. Pkg.  
Heritage  
Shaved  
Chicken Breast

**5<sup>99</sup>**



SAVE \$2 EA.

Hannaford  
All Natural - Pork Loin  
Boneless Center  
Cut Pork Chops

**2.49** lb.



SAVE \$2.30 PER LB.

Hannaford  
USDA Choice Beef  
Sealed Fresh  
Whole Eye Round

**4<sup>99</sup>** lb.



SAVE \$1 PER LB.

22.4 Oz. Pkg.  
Catelli  
Meatloaf Mix

**7<sup>99</sup>**



SAVE \$2 EA.

3-5 Lb. Pkg. - Hannaford  
Freshly Ground - Family Pack  
80% Lean  
Ground Beef

**5.49** lb.



18.4 Oz. Pkg. - Select Varieties  
Taste of Inspirations  
Dry Rubbed Pork  
Tenderloin

**2/\$10**



SAVE \$3.98 ON 2

### butcher shop

*Handcrafted*  
Select Varieties  
Breaded Chicken Breast  
Cutlets or Tenders

**3<sup>99</sup>** lb.



Hannaford  
Extra Lean  
Pub Style  
Shaved Steak

**6<sup>99</sup>** lb.



## fast & convenient

26 Oz. Pkg.  
Cooked Perfect  
Italian Meatballs

**9.89**



SAVE \$1.10 EA.

28 Oz. Pkg.  
Cooked Perfect  
Homestyle  
Meatballs

**9.89**



SAVE \$1.10 EA.

18 Oz. Pkg.  
Cooked Perfect  
Angus Beef  
Meatballs

**9.89**



SAVE \$1.10 EA.

40 Oz. Pkg.  
Cooked Perfect  
Italian  
Style Meatballs

**11.99**



SAVE \$3 EA.

12 Oz. Pkg. - 41/50 Ct.  
Nature's Promise  
Cooked Shrimp

**7.99**



SAVE \$1 EA.

## seafood favorites for Lent

5 Oz. - Rich in B Vitamins  
Gulf of Maine  
Center Cut Salmon

**5.99**



SAVE \$1.30 EA.

2.5 Oz.  
Original  
Crab Cake

**\$1**



SAVE 39¢ EA.

8 Oz.  
Grab & Go  
Maple Bacon  
Stuffed Salmon

**4.99**



SAVE \$2.50 EA.

Four-Star  
Best Aquaculture Practice  
Previously Frozen  
Tilapia Fillets

**5.99** lb.



SAVE \$1 PER LB.

discover  
something  
**new!**

Try this new take on  
the classic cola, with a  
retro soda-fountain flair!

12 Oz.  
12-Pack Coca-Cola  
Cherry Float

**6<sup>99</sup>**



Plus Deposit Where Applicable



Snack Pals aren't just for  
kids. Great for snacking,  
mealtime or any time!

8 Oz. Pkg. - Hannaford  
Snack Pals  
Grapes & Cheese

**2<sup>69</sup>**



SAVE  
**50¢**  
EA.

7.5 Oz. Pkg.  
Hannaford  
Snack Pals  
Strawberry Kiwi

**1<sup>99</sup>**



SAVE  
**50¢**  
EA.

6 Oz. - Hannaford  
Snack Pals  
Berry Brownie

**2<sup>69</sup>**



SAVE  
**50¢**  
EA.

8.5 Oz. Pkg.  
Hannaford  
Snack Pals  
Deconstructed  
PB&J

**3<sup>49</sup>**



SAVE  
**50¢**  
EA.

Packed with Vitamin C,  
Fiber and Antioxidants  
1 Lb. Pkg.

Strawberries

**2/\$6**



SAVE  
**\$1<sup>98</sup>**  
ON 2

Butternut Squash

**99¢** lb.



SAVE  
**50¢**  
PER LB.

Bulk - U.S. #1  
Cosmic Crisp  
or Kanzi Apples

**1<sup>49</sup>** lb.



SAVE  
**\$1**  
PER LB.

Field Grown,  
Super Select  
Cucumbers

**69¢**



SAVE  
**10¢**  
EA.

Whole  
Golden Pineapple

**2<sup>99</sup>**



SAVE  
**50¢**  
EA.

Bulk or Bagged  
Plum Roma  
Tomatoes

**1<sup>49</sup>** lb.



SAVE  
**50¢**  
PER LB.

Mini Watermelon

**3<sup>99</sup>**



SAVE  
**\$1**  
EA.

8 Oz. Pkg.  
Sliced or Whole  
Hannaford  
White Mushrooms

**1<sup>99</sup>**



SAVE  
**30¢**  
EA.

3 Lb. Bag  
Peelz Heirloom  
Oranges

**4<sup>99</sup>**



SAVE  
**\$1**  
EA.

4 Oz. Pkg.  
All Varieties  
Little Leaf Farms  
Salad Mixes

**3<sup>49</sup>**



SAVE  
**50¢**  
EA.

16 Oz.  
Select Varieties  
Health-Ade  
Organic Kombucha

**3<sup>49</sup>**



16 Oz. Pkg.  
Cleveland Kitchen  
Kimchi Classic

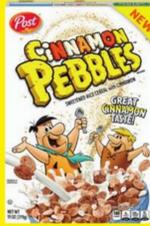
**4<sup>99</sup>**



Plus Deposit Where Applicable

discover  
something  
new!

11 Oz.  
Post  
Cinnamon  
Pebbles  
**4<sup>39</sup>**



7.6 Oz.  
Junkless Protein  
Chocolate Peanut  
Butter Bars  
**7<sup>59</sup>**



14 Oz.  
Yasso  
Chocolate Chip  
Cookie Dough  
**5<sup>99</sup>**



## fast & fresh meal solutions

10 Oz. - 5 Ct. - Hot or Cold  
Sweet BBQ  
Drumsticks

**\$5**



Made In-Store - 6 Oz.  
Hannaford Veggie Delight Salad or  
Taste of Inspirations  
Blackberry Goat  
Cheese Salad

**2/\$10**



SAVE  
**\$1<sup>98</sup>**  
ON 2

Made In-Store - 12 Oz.  
All Natural Turkey & Havarti  
Taste of Inspirations  
Wedge Sandwich

**6<sup>99</sup>**



SAVE  
**\$1**  
EA.

12 Oz. - Southwest Taco, Pesto or  
Zina's  
Green Goddess  
Pasta Salad

**4<sup>99</sup>**



SAVE  
**\$1**  
EA.

15 Oz.  
Cranberry Walnut, Buffalo or  
Willow Tree  
Chicken Salad

**10<sup>99</sup>**



SAVE  
**\$2**  
EA.

7 Oz.  
Sweet & Spicy, Cheddar  
Mustard or  
Plucky Pickle  
Original Dip

**4<sup>99</sup>**



SAVE  
**\$2**  
EA.

14 Oz. - All Varieties  
Snack Factory  
Pretzel Crisps

**5<sup>99</sup>**



SAVE  
**\$2**  
EA.

### FRESHLY SLICED & READY TO GO!

Find your favorite deli meats and cheeses in our freshly sliced case. Same great quality without the wait.

### perfect for entertaining

7-8 Oz.  
Select Varieties  
Pine River  
Cup Cheese

**3<sup>99</sup>**



SAVE  
**\$1<sup>50</sup>**  
EA.

10 Oz. - Select Varieties  
Cacique  
Authentic  
Cheese

**4<sup>99</sup>**



SAVE  
**\$1**  
EA.

7 Oz. - Imported From Greece  
Olympiana  
Barrel Aged  
Greek Feta

**5<sup>99</sup>**



SAVE  
**\$2**  
EA.

8 Oz.  
Taste of Inspirations  
Imported English  
Cheddar Cheese

**9<sup>99</sup>**



### 1 lb. meat & 1/2 lb. cheese combo deli-deal of the week

24 Oz.  
Taste of Inspirations  
Angus Roast Beef  
& Horseradish  
Cheddar Cheese

**\$15**



SAVE  
**\$4<sup>48</sup>**  
EA.

Low Moisture Mozzarella or  
Galbani  
Provolone

**5<sup>99</sup>** lb.



SAVE  
**\$2**  
PER LB.

Krakus  
Regular or Reduced Sodium  
Imported  
Polish Ham

**7<sup>99</sup>** lb.



SAVE  
**\$1**  
PER LB.

discover  
something  
**new!**

Refreshing new  
flavors that pack  
a fruity punch!

16 Oz. Can  
Monster  
Energy Zero Sugar  
Ultra Punk Punch

**3.09**

Plus Deposit Where Applicable



12 Oz. Cans  
12-Pack Canada Dry  
Fruit Splash Strawberry  
Ginger Ale

**6.99**

Plus Deposit Where Applicable



**bakery**

Fresh From OUR Ovens  
8 Oz. - Select Varieties  
2-Pack Hannaford  
Muffins

**3.49**



13.5 Oz. - 8 Ct.  
Nature's Promise  
Ciabatta Rolls

**3.99**



Fresh From OUR Ovens - 8-9 Oz. - 10 Ct.  
Brownie, Peanut Butter or  
Nature's Promise  
Crispy Chocolate  
Chip Cookies

**4.99**



Fresh From OUR Ovens  
12 Oz. - 10 Per Pkg.  
Petite  
Cinnamon Buns

**4.29**



20-24 Oz. - All Varieties  
Featuring Hannaford Exclusive  
When Pigs Fly  
English Muffin  
Bread

**5.99**



12.5 Oz. - 9 in. - Seasonally  
Decorated In-Store  
Chocolate Chip  
Message Cookie

**8.99**



**packaged meats**

12 Oz. Pkg. - Select Varieties  
North Country  
Smokehouse  
Smoked Sausage

**5.99**



17-20 Oz. Pkg.  
Select Varieties  
Reser's Main St.  
Bistro Sides

**4.99**



21 Oz. Pkg.  
Steak-umm  
Sliced Steaks

**7.99**



25 Oz. - Select Varieties  
Hannaford  
Crispy  
Chicken Strips

**8.58**



**frozen**

**WOW!**  
for weeks

14.05-23 Oz.  
Select Varieties  
Taste of Inspirations  
Pizza

**4.99**



9.25-13 Oz. - Select Varieties  
Marie Callender's Bowl or  
Healthy Choice  
Café Steamers  
Entrees

**2.75**



14-24.5 Oz. - Select Varieties  
Gorton's  
Frozen Fish  
or Seafood

**4.99**



7 Oz.  
Select Varieties  
Banquet  
Pot Pie

**5/\$5**



5-5.9 Oz.  
Select Varieties  
Celeste  
Pizza

**5/\$5**



10-12 Oz.  
Select Varieties  
Hannaford  
Frozen Vegetables

**99¢**



Simek's

**Protein-Packed Meals with Purpose.**

Clean ingredients, homemade flavor and every purchase donates a meal.



17-22 Oz. Pkg.  
Select Varieties  
Simek's  
Frozen Meatballs

**8<sup>49</sup>**



**WOW!**  
for weeks

7-20.5 Oz.  
Select Varieties  
Snack Bars or  
Dave's Killer  
Thin Sliced Bread  
**3<sup>99</sup>**



2-2.4 Oz.  
Select Varieties  
Russell Stover  
Sugar Free  
Candies  
**2/\$5**



10.58 Oz.  
Select Varieties  
Kodiak  
Instant Oatmeal  
**4<sup>99</sup>**



4.4-5.3 Oz.  
Select Varieties  
Skinny Pop  
All Natural  
Popcorn  
**2<sup>99</sup>**



4.6-6.6 Oz.  
Select Varieties  
Old El Paso  
Taco Shells  
**1<sup>99</sup>**



**real savings every day** low prices you can count on - every day, in every aisle!

20.3 Oz.  
Select Varieties  
Kellogg's  
Pop-Tarts



**4<sup>39</sup>**

2-Liter  
Select Varieties  
Mtn Dew, Schweppes or  
Pepsi  
**2<sup>99</sup>**



4.5-5.1 Oz.  
Select Varieties  
General Mills  
Fruit Snacks  
**3<sup>49</sup>**



12 Oz.  
Hannaford  
Tartar Sauce  
**1<sup>55</sup>**



5 Oz. - Select Varieties  
StarKist  
Solid  
White Tuna  
**1<sup>64</sup>**



Plus Deposit Where Applicable

64 Oz.  
Select Varieties  
Hannaford  
100% Juice



**4<sup>17</sup>**

1.62 Oz. - Select Varieties  
Hannaford  
Liquid Water  
Enhancer  
**3<sup>09</sup>**



8.5-8.8 Oz.  
Select Varieties  
Ben's Original  
Ready Rice  
**2/\$5**



8-20 Oz. - Select Varieties  
Family Size  
Nabisco  
Oreo Cookies  
**5<sup>19</sup>**



30 Oz.  
Select Varieties  
Hellmann's  
Mayonnaise  
**5<sup>99</sup>**



Plus Deposit Where Applicable

750 mL - Select Varieties  
Bishop Ridge  
Cabernet Sauvignon  
or Mayfly  
Sauvignon Blanc



**10<sup>99</sup>**

1.5 Liter  
Select Varieties  
Barefoot  
Wine  
**11<sup>99</sup>**



750 mL  
Select Varieties  
Apothic  
Wine  
**10<sup>99</sup>**



Plus Deposit Where Applicable

12 Oz. Cans - Select Varieties  
8-Pack High Noon  
Vodka Seltzer or  
Dogfish Head  
Bar Cart  
**17<sup>99</sup>**



Plus Deposit Where Applicable

12 Oz. Cans  
Select Varieties  
9-Pack  
Downeast  
Cider  
**15<sup>99</sup>**



Plus Deposit Where Applicable

**house & home**

18-30 Ct. - 4-8 Gallon  
Select Varieties  
Hannaford  
Garbage Bags



**3<sup>49</sup>**

117-132 Oz. Liquid  
Select Varieties  
Tide  
Laundry Detergent



**19<sup>99</sup>**

18 Oz. - 50 Ct.  
Select Varieties  
Solo  
Cups



**5<sup>99</sup>**

43 Oz.  
Hannaford  
Regular  
Liquid Bleach



**3<sup>19</sup>**

28 Oz. - Select Varieties  
Ajax  
Liquid Dish  
Detergent



**2<sup>99</sup>**

42 Ct.  
Hannaford  
Flushable  
Refill Wipes



**1<sup>99</sup>**

24 Oz.  
Select Varieties  
Milk-Bone  
Dog Treats



**4<sup>99</sup>**

1.4 Oz.  
Select Varieties  
Fancy Feast  
Broths Cat Food



**1<sup>59</sup>**

**WOW!** for weeks

50 Ct. - Select Varieties  
Ziploc  
Snack or Sandwich  
Bags



**3<sup>39</sup>**

20 Lb. - Select Varieties  
Tidy Cats  
Conventional  
Cat Litter



**6<sup>19</sup>**

# Save Smart on Our Brands.



## Smart snacks to go!

Hannaford Apple Sauce Pouches are the perfect snack to toss in the backpack!  
Quality you can taste, at prices you'll love.

12.7 Oz. - Select Varieties  
4-Pack Hannaford  
Apple Sauce  
Squeezable Pouches

**2<sup>69</sup>**



**WOW!**  
for weeks

17 Oz. Bottle  
Select Varieties  
Sparkling ICE  
Flavored  
Sparkling Water

**99¢**

Plus Deposit Where Applicable



225 Ct.  
Clorox  
Wipes Citrus  
Value Pack

**12<sup>77</sup>**



8 Oz.  
Select Varieties  
Kraft  
Grated Parmesan  
Cheese

**4<sup>43</sup>**



18.4 Oz.  
Select Varieties  
Pillsbury  
Brownie Mix

**1<sup>96</sup>**



3.4-4 Oz.  
Select Varieties  
Sensodyne  
Toothpaste

**6<sup>97</sup>**



## real savings every day low prices you can count on - every day, in every aisle!

14-15 Oz.  
Select Varieties  
8-Pack  
Pepperidge Farm  
Buns or Rolls

**3<sup>99</sup>**



14.1-14.5 Oz.  
Select Varieties  
Amy's  
Organic Soups

**3<sup>99</sup>**



5 Oz.  
Select Varieties  
Kooshy  
Croutons

**4<sup>49</sup>**



16 Oz.  
Select Varieties  
Hannaford  
Salad Dressing

**2<sup>29</sup>**



4 Oz. - Select Varieties  
Beech-Nut  
Organic  
Baby Food

**1<sup>69</sup>**



10.5-11.5 Oz.  
Select Varieties  
Campbell's  
Condensed Soup

**2/\$4**



14.4 Oz.  
Hannaford  
Sauerkraut

**1<sup>59</sup>**



1.1 Oz.  
Select Varieties  
Quest  
Protein Chips

**3<sup>19</sup>**



10 Ct. - Select Varieties  
New England  
Coffee K-Cup Pods

**8<sup>29</sup>**



24 Oz. - Select Varieties  
Nature's Promise  
Organic  
Pasta Sauce

**3<sup>39</sup>**



8 Ct. - AA or AAA  
Smart Living  
Batteries

**5<sup>29</sup>**



7.25 Oz.  
Kraft  
Macaroni & Cheese  
Dinner

**4/\$5**



## health & beauty

16 Oz. - Select Varieties  
Cream, Lotion or Cleanser  
CeraVe  
Skincare

**16<sup>49</sup>**



18 Ct.  
Select Varieties  
Tampax  
Pearl Tampons

**5<sup>99</sup>**



11 Oz. - Select Varieties  
Gillette  
Foamy  
Shave Cream

**3<sup>49</sup>**



20-24 Oz.  
Select Varieties  
CareOne  
Body Wash

**4<sup>49</sup>**



200 Ct.  
CareOne  
Acetaminophen  
500 mg

**4<sup>99</sup>**



## Spring cleaning starts here.

2-Roll - 88.3 Sq. Ft.  
Hannaford  
Premium  
Paper Towels

**5<sup>69</sup>**



40-43 Oz.  
Select Varieties  
Clorox  
Liquid Bleach

**5<sup>09</sup>**



128 Oz.  
Hannaford  
White Distilled  
Vinegar

**3<sup>99</sup>**



32 Oz.  
Hannaford  
Glass Cleaner  
with Ammonia

**2<sup>89</sup>**



22-32 Oz.  
Select Varieties  
Lysol  
Cleaner

**4<sup>69</sup>**



20-24 Ct. - Select Varieties  
Swiffer  
Sweeper Wet Mopping  
Refill Cloths

**10<sup>99</sup>**



3-4 Ct.  
Select Varieties  
Smart Living  
Sponges

**1<sup>99</sup>**



24 Oz. - Select Varieties  
Nature's Promise  
Toilet Bowl Cleaner

**2<sup>79</sup>**



# WOW!

# for weeks

Like other supermarkets' sale prices, but ours last for weeks.

20 Oz. - 100% Wheat, Hawaiian, 100% Whole Grain, Butterbread or Nature's Own Honey Wheat Bread



**2/\$5**

7.3-10.6 Oz. Select Varieties 5-Pack RX Bars



**8<sup>95</sup>**

6.7-8.07 Oz. Bag Select Varieties Swedish Fish or Sour Patch Kids



**2<sup>69</sup>**

35 Ct. Sheets, 48 Oz. Oxi Clean Powder Tub or 75-110 Oz. Select Varieties Arm & Hammer Liquid Laundry Detergent



**7<sup>99</sup>**

64 Oz. Select Varieties Almond Breeze Almondmilk



**2<sup>99</sup>**

52 Oz. Select Varieties Florida's Natural Juice



**3<sup>49</sup>**

12.8-14 Oz. Select Varieties Sigg's or 4-Pack Stonyfield Organic Yogurt



**4<sup>89</sup>**

13-22 Oz. Select Varieties Farm Rich Snacks



**6<sup>49</sup>**

32 Oz. Select Varieties College Inn Broth



**1<sup>95</sup>**

64 Oz. Bottle Select Varieties Snapple Tea or Juice Drink



**1<sup>97</sup>**

Plus Deposit Where Applicable

16.9 Oz. Bottles Select Varieties 12-Pack Propel Water



**9<sup>73</sup>**

Plus Deposit Where Applicable

8 Oz. Cans Select Varieties 6-Pack V8 Fusion Drinks



**4<sup>99</sup>**

Plus Deposit Where Applicable

6.5-8 Oz. Select Varieties Cape Cod Kettle Cooked Potato Chips



**2<sup>99</sup>**

9-15.5 Oz. Select Varieties Tostitos Tortilla Chips or Tostitos Salsa



**2/\$7**

5-10 Oz. - Select Varieties belVita Breakfast Biscuits or Nabisco Newtons



**2/\$7**

4.25-5.5 Oz. - Select Varieties Simple Mills Gluten Free Crackers



**4<sup>79</sup>**

Prices and items good only at these locations: AUBURN • AUGUSTA: Cony St., Whittier Rd. • BANGOR: Broadway, Airport Mall and Hogan Rd. • BAR HARBOR • BELFAST • BLUE HILL • BOOTHBAY HARBOR • BREWER • BUCKSPORT • CAMDEN • CARIBOU • CHINA • DAMARISCOTTA • DEXTER • ELLSWORTH • FARMINGTON • FORT KENT • GARDINER • HAMPDEN • HOULTON • JAY • LEWISTON • LINCOLN • MACHIAS • MADAWASKA • MADISON • MECHANIC FALLS • MILLINOCKET • NEWPORT • OLD TOWN • OXFORD • ROCKLAND • RUMFORD • SKOWHEGAN • TURNER • WALDOBORO • WATERVILLE: Elm Plaza, JFK Plaza • WINTHROP

Please visit us online at [hannaford.com](http://hannaford.com) for store information. Some items not available in all stores.

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# National Nutrition Month<sup>®</sup> with Hannaford Dietitians

This year, National Nutrition Month is all about the power of nutrition to improve health, enhance wellness and meet our activity goals. Making healthier meals at home starts with smart shopping choices that help you save money, too – by choosing seasonal produce, shopping Our Brands and buying your favorite nutritious items in bulk.

Great Source of Potassium & Vitamin B6

**Bananas**

**50¢**  
lb.



3 Lb. Bag - U.S. #1  
**Hannaford Gala Apples**

**4<sup>99</sup>**



26 Oz.  
**Nature's Promise Creamy Peanut Butter**

**3<sup>19</sup>**



24 Oz.  
**Hannaford Whole Grain 100% Whole Wheat Bread**

**3<sup>59</sup>**



Hannaford All Natural - Pork Loin  
**Boneless Country Style Ribs**

**2<sup>49</sup>**  
lb.



12 Oz.  
**Nature's Promise Atlantic Salmon Fillets**

**10<sup>99</sup>**



Hannaford Family Pack  
**Boneless Skinless Chicken Breast**

**2<sup>49</sup>**  
lb.



24 Oz.  
**Hannaford Plain Bread Crumbs**

**2<sup>39</sup>**



32 Oz.  
**Hannaford Frozen Cut Green Beans**

**2<sup>89</sup>**



8.8 Oz.  
**Nature's Promise Organic Gluten Free Red Lentil Penne**

**2<sup>29</sup>**



25 Oz.  
**Hannaford Cheese Ravioli**

**4<sup>27</sup>**



28 Oz.  
**Hannaford No Salt Added Tomato Sauce**

**1<sup>49</sup>**



Celebrate National Nutrition Month with inspiration from your Hannaford Dietitians. Visit [hannaford.com/dietitians](http://hannaford.com/dietitians).

# Meal plans made easy.

Make meal planning simpler with time-saving ingredients that you can mix and match to bring wholesome meals to your table faster and with less effort.

Fresh from the Meat Department  
Whole Young Chicken

**1.79** lb.



15.25 Oz.  
Hannaford No Salt Added Black Beans



1.62 Oz.  
McCormick Gourmet Organic Smoked Paprika



16 Oz.  
Mission Whole Wheat Flour Tortillas

**3.69**



16 Oz.  
Hannaford Long Grain Brown Rice



10 Oz. Pkg.  
Hannaford Matchstick Carrots

**2.29**



8 Oz.  
Cabot Two State Farmers' Shredded Cheddar Cheese

**3.39**



16 Oz.  
Hannaford Thick & Chunky Medium Salsa

**2.79**



13 Oz.  
Hannaford Restaurant Style Tortilla Chips

**2.99**



4 Oz. Pkg.  
Nature's Promise Greenhouse Grown Crunchy Green Leaf

**2.99**



Naturally Good Fats and Cholesterol Free Ready to Eat Hass Avocados

**2/\$2**



12 Oz.  
Nature's Promise Organic Shelled Edamame

**2.79**



**Guiding Stars. The faster way to eat better.**



**GUIDING STARS**  
NUTRITIOUS CHOICES MADE SIMPLE

# Have nutrition goals?

Are you looking to improve your nutrition by boosting fiber intake, improving blood sugar or lowering cholesterol? Fill your cart with these nutrient-dense foods.



24 Oz.  
Siggi's  
Icelandic Skyr  
Plain Yogurt  
**5<sup>99</sup>**



16 Oz.  
Blue Diamond  
Lightly Salted  
Almonds  
**7<sup>69</sup>**



15.1 Oz.  
Hannaford  
Maple & Brown  
Sugar Instant  
Oatmeal  
**2<sup>29</sup>**



16.4 Oz.  
Hannaford  
Bite Size Shredded  
Wheat Cereal  
**2<sup>24</sup>**



64 Oz.  
Silk Organic  
No Sugar Added  
Unsweetened  
Soy Milk  
**4<sup>99</sup>**



12 Oz.  
Hannaford  
Fruit and  
Vegetable  
Smoothie Blend  
**3<sup>39</sup>**



14 Oz.  
Stonyfield Organic  
Kids Apple  
Blueberry Carrot  
Yogurt Pouch  
**4<sup>89</sup>**



16 Oz. Pkg.  
No Antibiotics Ever  
Nature's Promise  
90% Lean  
Ground Beef  
**7<sup>99</sup>**



16 Oz. Pkg.  
No Antibiotics Ever  
Nature's Promise  
93% Lean  
Ground Turkey  
**5<sup>99</sup>**



3 Lb. Bag - U.S. #1  
Nature's Promise  
Organic  
Red Potatoes  
**5<sup>99</sup>**



High in Fiber  
& Vitamin C  
Broccoli Crowns  
**2<sup>29</sup>** lb.



16 Oz. Pkg.  
Greenhouse Grown  
Hannaford  
Mini Seedless  
Cucumbers  
**3<sup>49</sup>**



**One Star**  
GOOD nutrition



**Two Stars**  
BETTER nutrition



**Three Stars**  
BEST nutrition

**More Guiding Stars means more nutritional value.**  
Visit [hannaford.com/guidingstars](http://hannaford.com/guidingstars) to learn more.

17.6 Oz. - Plant Based - Gluten Free  
**2-Pack Nature's Promise  
 Cauliflower  
 Flatbread  
 Pizza Crust**

**849**



16 Oz.  
**Taste Of  
 Inspirations  
 Sweet Basil  
 Pizza Sauce**

**359**



10 Oz. Pkg.  
**Frittata Blend**

**499**



12 Ct.  
**Nature's Promise  
 Free-Range  
 Large Brown  
 Eggs**

**419**



10 Oz.  
**Cedar's Reserve  
 Olive Tapenade  
 Hommus**

**599**



3.5 Oz.  
**Nature's Promise  
 Gluten Free  
 Sesame Brown  
 Rice Crackers**

**339**



12 Oz.  
**Oikos  
 Ready To Drink  
 Chocolate  
 Protein Shake**

**399**



48 Oz.  
**Stok  
 Cold Brew  
 Iced Coffee**

**639**



Plus Deposit Where Applicable

6.7 Oz.  
**Chobani  
 20g Protein  
 Vanilla  
 Greek Yogurt**

**169**



33.8 Oz. Bottle  
**Glaceau Smart  
 Water**

**259**



Plus Deposit Where Applicable

12 Oz.  
**Hannaford  
 Oat & Honey  
 Protein Granola**

**299**



21.2 Oz.  
**Too Good  
 Mixed Berry  
 Greek Yogurt**

**459**



**FREE  
 Nutrition Education**  
 Scan the QR code  
 to learn more about our  
 online courses.

# Looking for more inspo?

Tap into our FREE dietitian services, offered online and in-store at many Hannaford locations.

## Registered Dietitian services include:

- Ideas for whole body wellness
- Food and beverage suggestions to support your mood
- Tips on following Guiding Stars
- Nutrition education for you, your school, work or community group
- Healthy eating tips, recipes and ideas for healthier family meals
- Advice for making the most of your pantry staples and shopping on a budget
- Help understanding food labels and portion sizes
- Help with special dietary needs

For more information or to find a dietitian near you, visit [hannaford.com/dietitians](http://hannaford.com/dietitians).



*Blooming* GREAT GIFTS

**SAVE \$10**

on groceries when you buy \$50  
or more in select gift cards

\$10 grocery purchase required



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# Save Smart on Our Brands.

Our Brands.  
Your Rewards.



Enjoy budget-friendly prices on all the essentials you need this season.

12-16 Oz. Pkg.  
Select Varieties  
**Hannaford  
Sliced Bacon**

**3<sup>99</sup>**



12 Oz. Pkg.  
**Hannaford  
Original Breakfast  
Sausage Patties**

**3<sup>29</sup>**



16-24 Oz. Bag - U.S. #1  
Fingerling, Yukon, Red or Purple  
**Hannaford  
Gourmet  
Baby Potatoes**

**3<sup>99</sup>**



8-12 Oz. Pkg.  
Select Varieties,  
Featuring  
**Hannaford  
Broccoli Florets**

**3<sup>29</sup>**



16 Oz. - All Varieties  
**Taste of  
Inspirations  
Soup or Chowder**

**2/\$10**



14 Oz.  
**Taste of Inspirations  
Cape Cod  
Chicken Salad**

**9<sup>79</sup>**



Fresh From OUR Ovens  
15 Oz.  
**Italian Bread**

**1<sup>99</sup>**



16 Oz. - 8 Ct.  
**Nature's Promise  
Cheddar  
Ciabatta Rolls**

**4<sup>49</sup>**



48 Oz.  
Select Varieties  
**Hannaford  
Ice Cream**

**2<sup>94</sup>**



16 Oz.  
**Hannaford  
Mango Chunks**

**3<sup>42</sup>**



8 Oz.  
Select Varieties  
**Hannaford  
Appetizers**

**2<sup>29</sup>**



1-Liter  
Select Varieties  
**Hannaford  
Flavored Sparkling  
Water**

**89¢**



Plus Deposit Where Applicable

**Trust the Quality. Love the Save!**



Shop our store brand items for national brand quality at affordable prices - guaranteed!

**Our Brands.  
Your Rewards.**



# Your Wallet. Your Wins.



Add our store brands to your cart and save more.

No Antibiotics Ever  
**Nature's Promise  
Ground Pork**

**3.49**  
lb.



8 Oz. Pkg. - No Antibiotics Ever  
**Nature's Promise  
Chicken Breast  
Strips**

**3.99**



16 Oz.  
Select Varieties  
**Nature's Promise  
Organic Kombucha**

**2.79**



Plus Deposit Where Applicable

16 Oz. - U.S. #1  
**Taste of Inspirations  
Homestyle Ranch  
Seasoned Potatoes**

**3.99**



9 Oz.  
Select Varieties  
**Taste of Inspirations  
Medallion or Ravioli**

**5.99**



30 Oz.  
**Hannafor d  
White Meat  
Chicken Pot Pie**

**9.99**



7.8 Oz.  
**Taste of Inspirations  
Savory Garlic  
Knots**

**3.99**



Fresh From OUR Ovens  
10 Oz.  
**Nature's Promise  
French Baguette**

**4.99**



12 Oz. - Multi-Grain or  
**Hannafor d  
Wheat  
English Muffins**

**2.29**



32 Oz.  
Select Varieties  
**Hannafor d  
Broth**

**1.50**



16.9 Oz. Bottles  
15-Pack  
**Nature's Promise  
Spring Water**

**3.79**



Plus Deposit Where Applicable

8 Oz.  
Select Varieties  
**Hannafor d  
Kettle Chips**

**2/\$4**



**Trust the Quality. Love the Save!**



Shop our store brand items for national brand quality at affordable prices - guaranteed!

# Fill your pantry for less!

It's easy with our store brands.



Look for tags at the shelf to **save more** with our store brands.

**Our Brands. Your Rewards.**



18 Oz.  
**Nature's Promise Organic Old Fashioned Oatmeal**

**349**



5.5-7.25 Oz.  
Select Varieties  
**Hannafood Mac 'N' Cheese Dinner**

**89¢**



16 Oz. - Creamy or Crunchy  
**Nature's Promise Natural Peanut Butter**

**199**



1-Roll - 105.34 Sq. Ft.  
**Hannafood 1-Ply Bath Tissue**

**139**



20 Oz.  
**Hannafood Raisins**

**439**



5 Lb.  
Select Varieties  
**Hannafood Flour**

**259**



12 Oz. Cans  
Select Varieties  
**12-Pack Hannafood Seltzer**

**405**



Plus Deposit Where Applicable

12 Oz.  
Select Varieties  
**Nature's Promise Organic Coffee**

**925**



10-11.3 Oz. - 8-Pack  
Select Varieties  
**Hannafood Cracker Packs**

**199**



12.25 Oz.  
**Hannafood Honey Nut Tasteeos Cereal**

**179**



16 Oz.  
Select Varieties  
**Hannafood Pasta**

**\$1**



16.8-19.2 Oz. - 6-Pack  
Select Varieties  
**Hannafood Microwave Popcorn**

**349**



**Trust the Quality. Love the Save!**



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